

Emotional Intelligence Awareness Month



*Search for picture's hidden hearts. Find the count at e-ii.org.

TOO MUCH BAD NEWS DISRUPTS A DELICATE BALANCE

It increases emotional frustration and reduces realistic hope and enthusiasm regarding our own lives.

No doubt, the world's news of the day affects our emotional demeanor. Absorbing too much negative and sensationalized news every day can lead us to believe that the overall state of the world is mostly chaotic—while in fact, encouraging news is occurring, but unfortunately is not deemed as marketable to media audiences.

Balancing our emotional equilibrium requires our intelligently gauging that which frustrates us against the more encouraging news of the day. Only by considering this balance, do we maintain our wits, hope, and inspiration. Working through the psychological battlefield of our mind requires emotional intelligence for guiding us toward healthier mind development.

Healthy behavior is the number one factor for leading us toward a more civilized world. Thus, developing a better understanding of the emotions that drive our behavior may be one of our greatest contributions toward a more emotionally stable world. Psychological researchers have gained incredible insight about emotions over the past few decades and are providing enlightened knowledge and direction for leading this endeavor.

Emotional Intelligence Awareness Month is an international campaign effort initiated each year by the Emotional Intelligence Institute, a non-profit organization dedicated to helping people learn more about the many wonders of the mind for improving their emotional intelligence. For FREE lessons and a number of campaign materials for adult and youth, visit our website at www.e-ii.org.

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